

AMENDMENTS TO THE CLAIMS

1. (Original) A free standing ballet bar exercise device comprising:
a pair of legs, each leg having a proximal end and a distal end disposed away from the proximal end;
support arms pivotally attached to the legs at the legs' distal ends;
a horizontal exercise bar mounted between the support arms;
a first lower cross bar connecting the legs intermediate their ends;
an upper cross bar connecting the support arms; and
a backboard attached to the upper cross bar and attached to the first lower cross bar to support the exercise bar in a free standing position.
2. (Original) The free standing ballet bar exercise device of claim 1 further comprising:
a floor board hingedly attached to the backboard and adapted to lay flat on a floor for supporting the weight of a user.
3. (Original) The free standing ballet bar exercise device of claim 2 further comprising:
a second lower cross bar connecting the legs at their distal ends.
4. (Original) The free standing ballet bar exercise device of claim 3 wherein the support arms are telescopic to enable the height of the ballet bar to be adjusted.
5. (Original) The free standing ballet bar exercise device of claim 4 wherein the legs

telescopically extend to enhance the stability of the unit.

6. (Original) The free standing ballet bar exercise device of claim 4 further comprising a cushioned mat covering the floor board.

7. (Original) The free standing ballet bar exercise device of claim 4 further comprising spring loaded knobs mounted at either end of the upper cross bar adjacent the support arms, the spring loaded knobs adapted to lock the support arms at a desired height.

8. (Original) The free standing ballet bar exercise device of claim 4 wherein the floor board is joined to the bottom edge of the backboard by at least one hinge.

9. (Original) The free standing ballet bar exercise device of claim 8 wherein the at least one hinge is releasably attached via a snap fit onto the first lower cross bar.

10. (Original) The free standing ballet bar exercise device of claim 9 wherein at least one hinge is locked into place to the first lower cross bar by a spring loaded cammed handle.

11. (Original) A method of using the free standing ballet bar exercise device of claim 4 comprising the steps of:

placing at least a portion of the user's body on the floor board to apply a downward force on the floor board and thus stabilize the device; and

using the exercise bar to stretch or perform exercises.

12. (Currently amended) A free standing ballet bar exercise device comprising:
 - a pair of legs;
 - at least one support arm pivotally attached to the legs;
 - a horizontal exercise bar mounted on the at least one support arm; and
 - a backboard rotatably attached to the at least one support arm and capable of extending substantially vertically to the floor to support the exercise bar in a free standing position.
13. (Original) The free standing ballet bar exercise device of claim 12 wherein each leg has a proximal end and a distal end disposed away from the proximal end and the at least one support arm is pivotally attached to the legs at the legs' distal ends.
14. (Original) The free standing ballet bar exercise device of claim 13 wherein the number of support arms is two and further comprising a first lower cross bar connecting the legs intermediate their ends and an upper cross bar connecting the support arms.
15. (Original) The free standing ballet bar exercise device of claim 14 wherein the backboard is attached to the upper cross bar and releasably attached to the first lower cross bar.
16. (Original) The free standing ballet bar exercise device of claim 15 further comprising a floor board hingedly attached to the backboard and adapted to lay flat on a floor for supporting

the weight of a user.